

WHO Healthy Cities Goals and Themes

Galway Healthy Cities Actions 2016

1. Improve health for all and reduce health inequalities.

Assist in implementing Galway City 2016 Local Economic and Community Plan health and wellbeing actions.

Develop submission to input into Galway City Development Plan (2017-2023).

2. Improve leadership and participatory governance for health and development.

Organise information and awareness sessions in relation to the wider determinants of health and inequalities for key stakeholders.

Contribute to and support the work of National Healthy Cities and Counties of Ireland Network.

3. Empower people throughout their life.

Develop Galway City Early Years Plan and implement two health and wellbeing initiatives in disadvantaged communities.

Implement two health and wellbeing initiatives as part of Galway Age Friendly Strategy.

Organise a Health Literacy Training workshop.

4. Tackle public health priorities – for example:

- Physical activity
- Nutrition and obesity
- Alcohol
- Tobacco
- Mental Wellbeing

Implement one action to promote physical activity in line with National Physical Activity Plan, Galway Walking and Cycling Strategy and Galway Sports Partnership Strategic Plan.

Contribute to Let's Get Galway Growing (Community Organic Garden Network) to implement a healthy eating initiative.

Develop and pilot Healthy Meetings Guidelines.

Implement 2016 Alcohol Action plan to prevent and reduce alcohol related harm in Galway City.

5. Strengthen people-centred health systems – for example, Health and social services, other city services, public health capacity.

Assist in the development of CHO (Community Health Organisation-Galway, Mayo and Roscommon) Healthy Ireland Plan.

6. Create strong communities and supportive environments – for example, healthy urban planning and design, healthy housing and regeneration, and so on.

Organise one learning event as part of Healthy Urban Planning group.

Provide one Community Resilience Training workshop in conjunction with Galway City Community Network (PPN).



Galway Healthy Cities Project Gaillimh Tionscnamh na gCathracha Sláintiúla

Action Plan 2016

What is Galway Healthy Cities?

Galway Healthy Cities project is part of the World Health Organization (WHO) Healthy Cities movement. This plan outlines what we're doing in Galway City as part of this programme which focuses on improving health for everyone and reducing health inequalities.

The actions being undertaken support the Healthy Ireland programme locally and are in line with the World Health Organization's core themes.

What is a Healthy City?

A healthy city is defined by the way it works to support health and wellbeing. It doesn't have to have achieved a particular health status.

A healthy city is one that creates and continually improves its physical and social environments. It expands the community resources to enable people to help each other to live life and reach their potential. It is conscious of health and works to improve it.

By working with these values, any city can be a healthy city. The important requirements are: a commitment to health and a process and structure to achieve it.

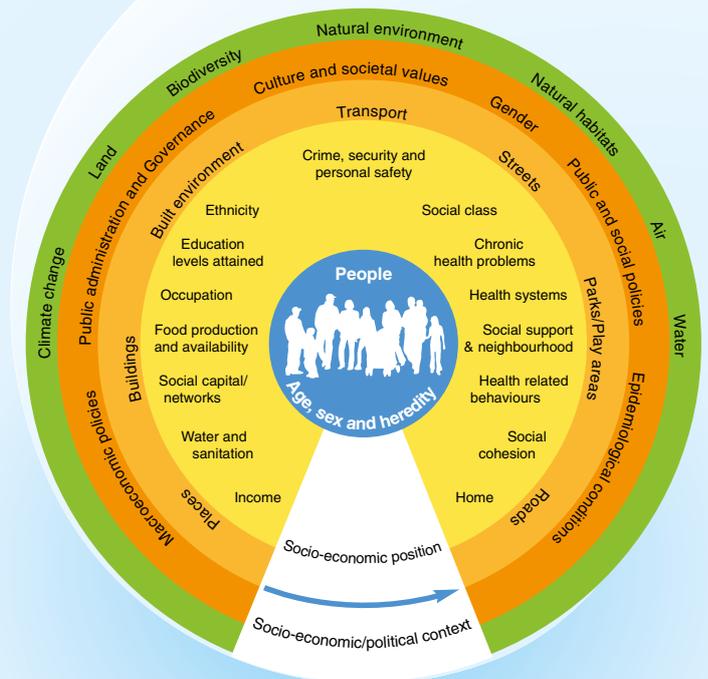
What is the Healthy City approach to health and wellbeing?

The primary goal of the WHO European Healthy Cities programme is to make health a priority issue for social, economic and political agencies and organisations.

Many factors combine to affect our health – things like where we live, our environment, our genetics, our income and education level and our relationships with friends and family. Galway Healthy Cities project promotes a whole-system approach to planning for health and wellbeing.

Most of the factors that shape our health and wellbeing are outside the direct influence of health and social care services.

Determinants of Health



The Healthy Cities programme identifies that health is the business of all sectors. It provides a way to tackle the wider influences on health and wellbeing. It recognises the key role of local authorities and other agencies and the need to work with them to protect and promote health and wellbeing.

What is the 2016 Healthy Cities plan about?

The 2016 action plan was developed by the key agencies in the city as part of an overall workplan for 2015-2018.

Management and implementation

Galway Healthy Cities Forum is a multi-agency group whose job it is to put the plan into action. The group meets three or four times a year. A project coordinator is responsible for the day-to-day implementation of the actions, and the group also send a progress report to the WHO every year. At the end of each year, the group review their work and draw up an action plan for the coming year.

Further information

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